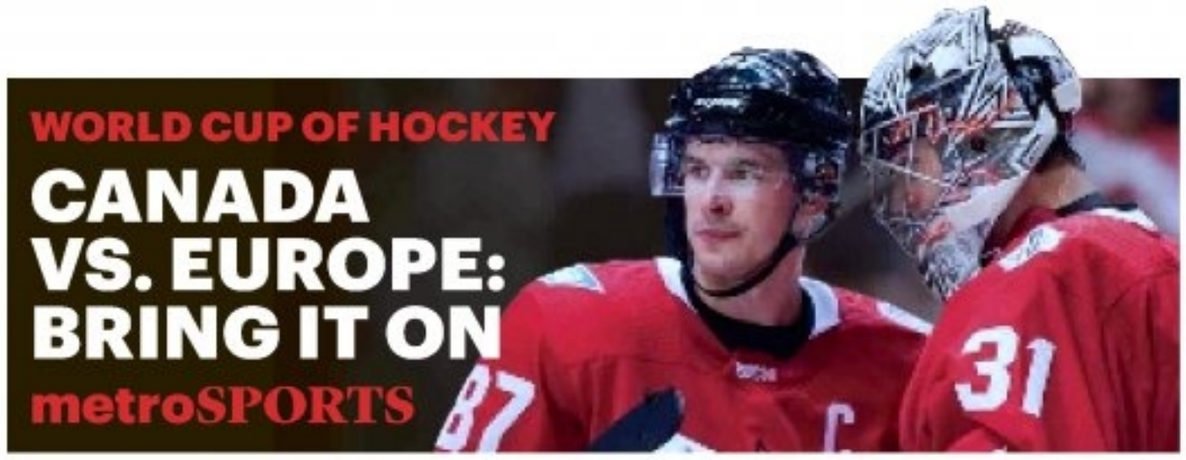

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'TRUMPED UP TRICKLE DOWN'

U.S. presidential candidates tangle over trade, taxes and terrorism

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As a Canadian watching the debate, it's easy to forget this is not reality TV

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GETTY IMAGES

Plan to bring heritage house into the future

HINTONBURG

Owner wants to expand building into luxury condos

Emma Jackson
Metro | Ottawa

One of Hintonburg's oldest buildings could soon expand into condos, according to the architect who owns it.

Preliminary drawings show Ovidio Sbrissa's plans to add five or six storeys of luxury condos to 1119 Wellington St. W, a heritage-designated stone house between Carruthers and Stirling avenues. The house was built in 1880 and designated in 1996.

Sbrissa said he wants to restore the heritage house for commercial use, and add about 21,000 square feet of luxury apartments around the side and back of the building. The units would range from 1,200 to 2,500 square feet each.

"We're targeting people who want to replace their large home or semi-large home" but don't want a micro-condo, he said.

The property's traditional main street zoning limits building heights to 20 metres, and anything above 12 metres must be set back. Sbrissa's plans jive with this, and he doesn't expect he'll need any amendments.

Still, Sbrissa expects to spend about three years completing the city's "rigmarole," which includes convincing the built heritage sub-committee of his heritage restoration plans.

Kitchissippi Coun. Jeff Leiper said he'll be watching that issue closely. "Obviously my expectation is that the heritage building is going to be treated sensitively," Leiper said.

The community association declined to comment until Sbrissa submits a formal application, which Sbrissa said he plans to do in several months.

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Your essential daily news

Home Depot removes "Peeper Creeper" decoration from sale after complaint. **Business**

Carlington business has history of complaints to police, violence

HOMICIDE

Community pushes back on restaurant after fatal shooting

Haley Ritchie
Metro | Ottawa

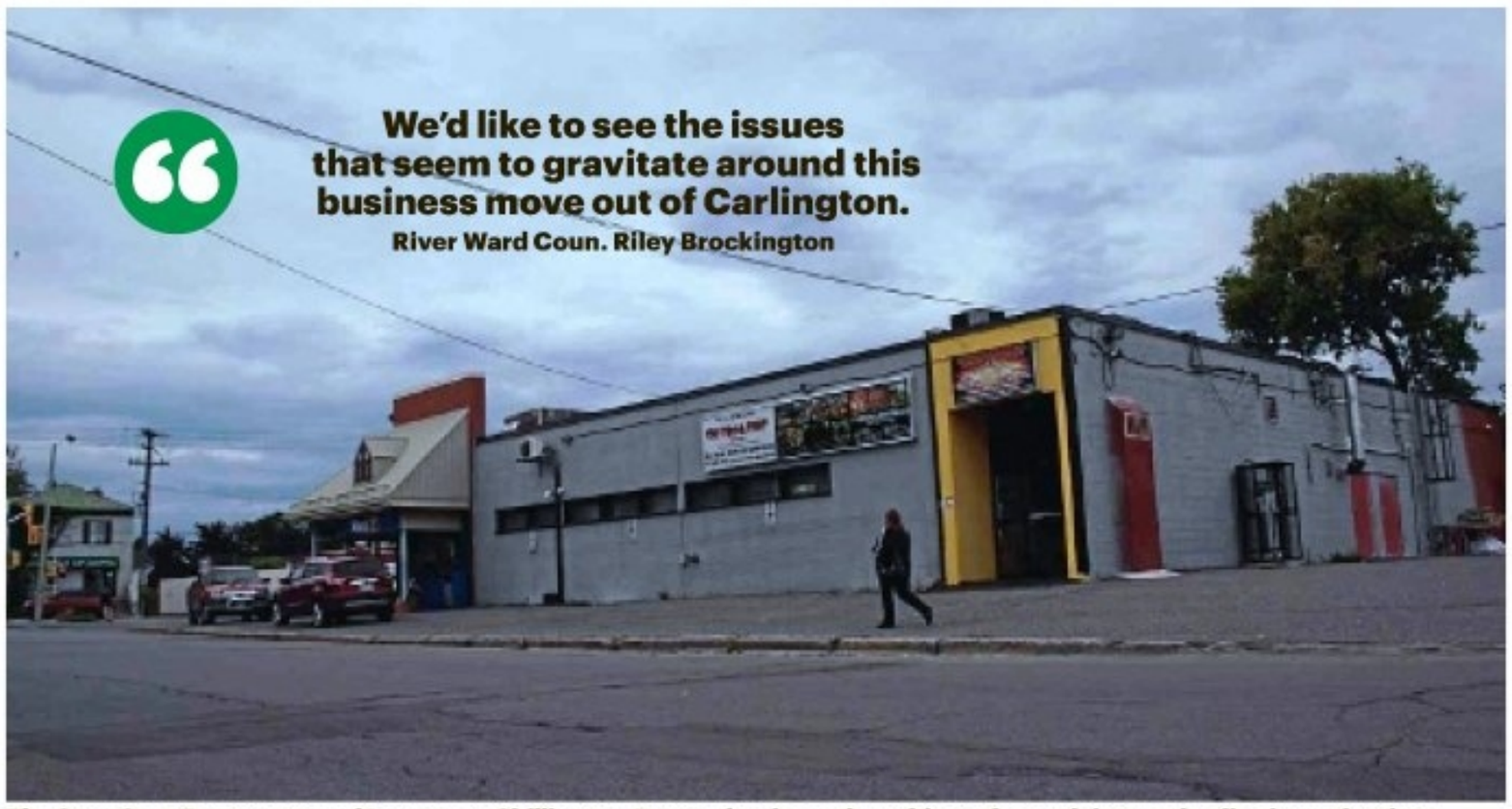
Carlington community members say closing the business where Sunday's deadly shooting took place is a necessary start to ending the complaints and violence in the area.

The Suya Spot Restaurant and Lounge on Shillington Avenue has been the subject of complaints and police investigations since it opened in 2013, long before 26-year-old Abdi "Ajax" Jama was gunned down over the weekend.

Community association president Cameron Ketchum said the African barbecue joint has been a long-time sore spot for residents.

"There's been push back from the community going back quite a few years, and now here we are with a homicide, a man losing his life, and no one's totally clear what they can do to respond," he said.

In an incident last year, police seized 19 bottles of illegal alcohol after the restaurant had its application for a liquor licence rejected in 2014.



> We'd like to see the issues that seem to gravitate around this business move out of Carlington.
> River Ward Coun. Riley Brockington

The Suya Spot Restaurant and Lounge on Shillington Avenue has been the subject of complaints and police investigations since it opened in 2013. HALEY RITCHIE / METRO

Another shooting in 2013 was linked to the Suya Spot, after a man who was shot nearby took shelter in the restaurant.

There have also been stabbings, and a charge from Ottawa Fire Services after it failed a fire inspection.

When the restaurant applied for a liquor licence it was the community association and neighbourhood watch organization that mobilized against the request.

Part of the rejection was due to confusion over who owned and operated the restaurant. While it was officially owned by a woman named Liisa Maunula, the tribunal concluded that it was her husband, Reynolds Okoh, who was the "sole proprietor" of the business.

Maunula used her name to open the business and apply for the liquor licence because criminal charges were pending against Okoh, according to the licence tribunal records.

The charges were withdrawn by the time he became manager in 2014.

The tribunal found Okoh couldn't control the people he rented the space to for private events, and showed "no understanding or sensitivity" to complaints about "loud music, loitering, yelling, cursing and fighting."

River Ward Coun. Riley Brockington said after the murder it's time for the restaurant to close and bring an end to the constant complaints and police investigations.

He met with strip mall's landlord Monday morning for a "frank and open discussion" about finding other tenants.

"We want to see the business closed, obviously, but we'd like to see the issues that seem to gravitate around this business move out of Carlington."

Brockington said the violence doesn't reflect the neighbourhood. He said Carlington has been welcoming more young families and has seen investment in playgrounds and the community centre.

The proximity to the Royal Ottawa and an alcohol rehab centres presents challenges, according to Brockington, but they're different from the issues taking place at the restaurant.

"This is a group of patrons who don't live in Carlington and come to this establishment causing trouble in the neighbourhood," he said.

"The community has said—as open and welcoming as we are — your welcome has expired. It's time to move on."

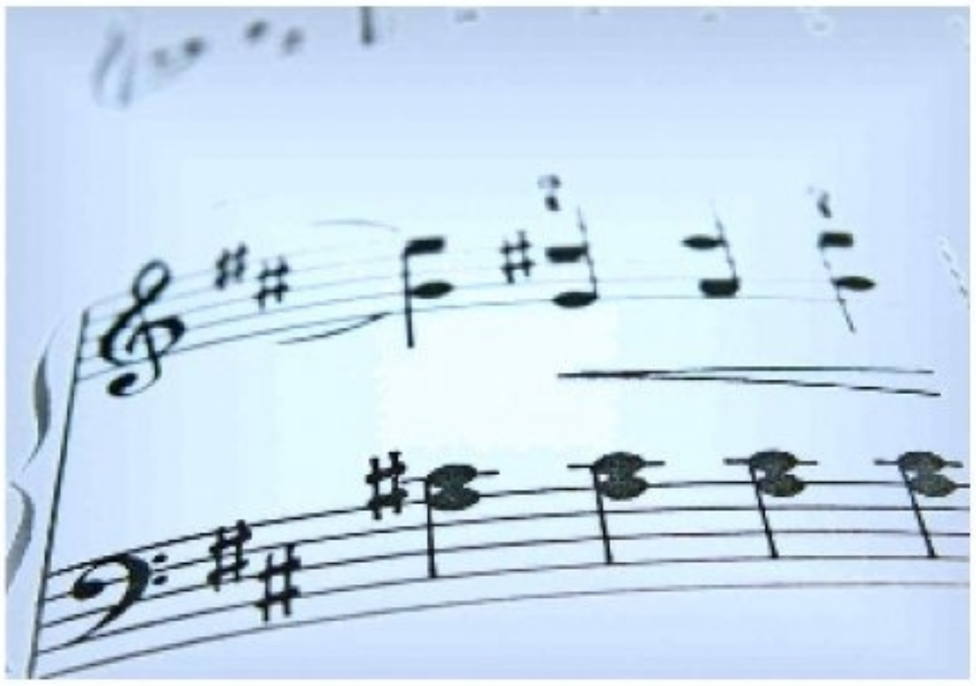
INVESTIGATION

Other complaints investigated by the Ottawa police in and outside the establishment include:

- Public intoxication
- Mischief to property
- Theft under $5,000
- Disturbance
- Operating as an after-hours bar
- Careless use of a firearm
- Assault with a weapon
- Unlawfully selling liquor.

5 THINGS AT THE 'EXPERIENCE MARKETPLACE '

You're passionate about your hobby and want to share it. Someone else wants to try your hobby, but doesn't know where to go. An Ottawa-based app, founded by Joelle Parenteau, claims to marry those desires. Xpeeria launches Thursday with a free "experience marketplace" to show what the app can do. Check out these five cool experiences at Thursday's launch. EMMA JACKSON METRO



1 Band camp

Want to write your own songs but keep hitting a creative wall? Local songwriter Micah Bellman will teach you how to write songs at lightning speed — and still get good results. His theory is that by limiting the time you spend on a project, the pressure for greatness is lifted and creativity can flourish.

2 So much sushi

Tired of all-you-can-eat sushi buffets? Learn how to make your own sushi from scratch with Justin Scott, who even offers to bring his expertise to your own kitchen. The only requirement for this one: come hungry.

3 Drop the beat

Maybe you already know how to seamlessly blend one song into another, but local DJ Chris Endo argues mixing music is about so much more. He's hosting a six-hour beginner's workshop for $99 on Oct. 22. Get a taste of what's in store at Thursday's launch.

4 Poker face

Even a poker night with friends can be intimidating if you don't know what you're doing, but Mark Silver can teach you how to bluff with the best of them. For $60 an hour, he'll offer helpful tips and tricks so poker night is no longer such a gamble.

5 Need some speed?

If you've got a need for speed but don't necessarily want to get behind the wheel, professional race car driver Travis Hill is willing to do the driving for you. For $250, you can spend an hour in the hot seat as Hill does "hot laps" around the Calabogie Motorsports Park. Meet him in person on Thursday.

BEACON HILL

Photog awarded for work

For his 30th year as a photographer, Mario P. Menard received a pretty good gift.

The Beacon Hill professional received five photography awards from the 2016 Master Photographers International image challenge.

"I was really pleased with the news," Menard said. "As I was celebrating my 30th anniversary the timing was pretty good."

Of the five awards, one in particular is something very few get to take home — the Award of Distinction for his portrait titled, The Advisor — a photograph for a client's business headshot.

"She has plenty of time and experience in the field, so I went for a type lighting that would be more suitable for a black and white photo, I thought the photo turned out really well," Menard said.

He also took home two Prestige Awards for his portraits titled Old Hollywood and Cassandra and The Carpenter received the Achievement Award. Lastly, and what Menard himself said was the icing on the cake, The Advocate received Best in Class in Corporate Portrait in the Commercial Category.

Menard said it's a great honour to be nominated within a class of great photographers from across Canada, the U.S. and Europe, and credits the support from his clients.

Menard has submitted photographs on and off throughout the years to the competition, with this being his second year taking home awards for all four of his submissions.

Being in a business that has been changing rapidly, Menard said he has embraced the changes, rather than fight them. "There are pros and cons with the changes that we have seen with the digital age," he said. MICHELLE NASH BAKER/METROLAND MEDIA

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WEATHER A CHILLY, CLOUDY AND WET BEGINNING TO FALL Commuters make their way along the Rideau Canal in downtown Ottawa on Monday. The last week of September is off to a chilly start. Tuesday is expected to be cloudy with a 40 per cent change of showers in the afternoon. It'll be gusty, too, with a south wind at 20 kilometres per hour. Tuesday's high should be 19 C while the low will be 10 C. SEAN KILPATRICK/THE CANADIAN PRESS

Gardens improve local water quality

SANDY HILL

Installation adds function, beauty to area

What happens to rain water along Stewart Street in Sandy Hill is being taken very seriously.

The city has installed new rain gardens along the street, from Friel Street to King Edward Avenue, in an effort to improve water quality and reduce storm water runoff.

The greening involved extending the existing boulevards and installing rain gardens.

Rain gardens are planted areas that improve water quality and reduce storm water runoff using a combination of soil, plants and mulch.

Celebrating the new garden, and the new bike paths, narrower street and slower speeds city officials, along with Grade 3 students from Franco Jeunesse Public School and area Rideau-Vanier Coun. Mathieu Fleury gathered recently to officially open the bike path and garden.

Aside from the greening, the road has been narrowed to make room for cyclists, as part of the East-West Bikeway project.

Stewart Street is a one-way west bound street with a bicycle lane on its north side. During the initial planning of the bikeway, it was confirmed that the paved portion of the street could be narrowed by 2.2 metres without impacting traffic flow or parking and accommodate a bike lane.

The project converted the 2.2 metres width of existing asphalt into the rain gardens to capture, store, and treat surface runoff. In addition, the existing cycle lane and the north curb have been directly aligned with the adjacent west and east blocks of Stewart Street.

The Stewart Street garden is one of two pilot projects taking place in the city, with the other being in Old Ottawa South, along Sunnyside Avenue between Bronson Avenue and Bank Street, where the rain gardens have been installed at three locations.

Grade 3 students Eliza Andrews and Ali Abib help open the Stewart Street bio retention storm water management project. MICHELLE NASH BAKER / METROLAND MEDIA

Darlene Conway, senior project manager for the rain gardens, said these two pilot projects are part of the Ottawa River Action Plan to help reduce and improve the quality of runoff into the river.

Conway added in older neighborhoods such as Sandy Hill and Old Ottawa South, there is little in the way of proper storm water management and these types of gardens can help make a difference. MICHELLE NASH BAKER / METROLAND MEDIA

SPU PUBLIC SEMINARS

PSYCHOLOGY for Everyday Living

Psychology for Everyday Living are a co-sponsored monthly seminar series by Saint Paul University and Capital Choice Counselling Group

September 29, 2016: Hugging the Growling Bear: Avoidant Men in Intimate Relationships
This seminar will review romantic attachment styles and especially the wounds and healing of avoidant men: women are most welcome! Martin Rovers, PhD, Psychologist and Marriage and Family Therapist, is a Professor in the Faculty of Human Sciences at St Paul University.

October 27, 2016: Youth & Mental Health
This seminar deals with youth and complex trauma and finding creative outlets for building resiliency, as well as unique ways of implementing therapy for youth. Stephen Leafloor, MSW, MSC uses the art forms of Hiphop to empower youth culture to explore their own healing.

November 24, 2016: Keeping the Shark Away: Parenting Tools to Manage Child Mood, Worries, and Behaviors
This seminar will engage parents in activities that they can take home to promote positive child mental health, reduce worries, and address behavioral concerns in a manner that builds connection. Dr. Laura Lynne Armstrong is a Psychologist who works with children, youth, and adults and an Assistant Professor at Saint Paul University in Ottawa.

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'Life-changing' placement

ENGINEERING

Co-op job sees student help kids in villages in Nicaragua

This summer, third-year Carleton engineering student Parker Armstrong helped build classrooms and redesign school washrooms for children in Nicaragua. COURTESY FRANSISCO RAFAEL

Even before his university classes resumed this month, Parker Armstrong, 19, got a head start on his homework.

This summer, the North Gower resident put his studies in Carleton's architectural conservation and sustainability engineering program to use. He took a unique three-month co-op placement in remote parts of Nicaragua.

He rolled up his sleeves to help build classrooms and redesign school washrooms in villages where a little more than half of children complete their primary schooling.

"It's was extremely humbling and definitely a life-changing experience," said Armstrong, who returned Sept. 6.

"You actually get overwhelmed with the sense of how much you actually take for granted and how much we have compared to how much other people in the world have. My problem was I wanted to help everyone but I couldn't."

Still, by working with SchoolBOX, a charitable organization that builds schools to provide impoverished Nicaraguan children with an education, Armstrong was making a difference for many.

> **My problem was I wanted to help everyone but I couldn't.**
> Parker Armstrong

He redesigned a washroom and helped construct three classrooms for the brand new Mirna Martinez School, located outside of Managua on Nicaragua's west coast.

"The previous design uses a lot of resources and space," Armstrong said.

His design reduced the resources required for the build, saving money on the construction project and using less water in the washroom, which can now be used by the greater community as well as students.

"At some of the schools I worked at, they only got water once every two weeks," said Armstrong.

"So having a water fountain where the kids can drink water or wash their hands and use the facilities is super important."

Armstrong is already thinking ahead to next summer, and hopes to work with SchoolBOX in a different developing country.

For now, he and a group of friends continue to raise funds to pay for the construction of a school in Nicaragua.

They've generated $3,000 so far, which will cover the cost of a school washroom based on Armstrong's design.

They'll be holing their first collaborative fundraiser, a paint night, in November. Check back on the event details by visiting schoolbox.ca/events.

ERIN MCCRACKEN / METROLAND MEDIA

IN BRIEF

Police investigate reports of gunshots in Herongate

The Ottawa police guns and gangs unit is investigating reports of gunshots in Herongate. Police arrived at the 2800 block of Cedarwood Drive 1:20 a.m. Monday. Officers and K9 units searched the area, finding a handgun with ammunition. They also found shell casings on Cedarwood Drive and bullet holes located in the 200 block of Colbert Crescent. No injuries were reported. HALEY RITCHIE/METRO

Prescription medical marijuana drug in works

A local medical marijuana firm hopes to bring its product to market in 2018. GrowPros Cannabis is changing its name to Tetra Bio Pharma. The firm is developing a prescription marijuana drug it hopes will be covered by provincial and federal insurers. It has raised $250,000 that company president Ryan Brown says will be used to finalize its over-the-counter listing in the U.S., allowing it to raise more money from U.S. investors. PETER KOVESSY / OTTAWA BUSINESS JOURNAL

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Get a crash course in creating the ultimate pad from must-see presenters at this year's Main Stage. See designer and HGTV host, **Sarah Richardson** on Friday, September 30th from 5:30pm – 6:30pm, and many other favourites including editor-in-chief of *Ottawa at Home* magazine, **Mary Taggart**. Consult the full stage schedule online.

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Sarah Richardson

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CALGARY

Man charged with player's murder

Police have charged a 19-year-old Calgary man with second-degree murder following the shooting death of a Calgary Stampeders player.

Police say Mylan Hicks, who was 23, was shot outside a nightclub following an altercation early Sunday morning.

Nelson Tony Lugela is charged with second-degree murder. He is scheduled to appear in court Friday morning.

Police say three suspects were initially taken into custody, but two have been released without charges.

The team has said several players were at the Marquee Beer Market and Stage after their win Saturday against the Winnipeg Blue Bombers.

Police say at about 2:30 a.m. Sunday, officers responded to reports of a shooting at the club, where they found a man in his 20s who'd been wounded. He was taken to hospital in life-threatening condition and later died.

Mylan Hicks CONTRIBUTED

Calgary Police Insp. Don Coleman said it appears there was a fight inside the bar before closing time that continued outside and escalated to the point where shots were fired.

THE CANADIAN PRESS

ROYAL VISIT FIRST NATIONS WELCOME WILL AND KATE Prince William, the Duke of Cambridge, and Kate, the Duchess of Cambridge, attend a welcoming ceremony at the Heiltsuk First Nation in Bella Bella, B.C., on Monday. DARRYL DYCK/THE CANADIAN PRESS

MARYAM MONSEF

Lawyers call possible deportation unfair

Maryam Monsef could be stripped of her citizenship without a hearing under a law the Liberals denounced while in opposition but which they've been enforcing aggressively since taking power, lawyers say.

The democratic institutions minister revealed last week that she was born in Iran, not Afghanistan as she'd long believed. She said her mother, who fled Afghanistan with her daughters when Monsef was 11, didn't think it mattered where the minister was born since she was still legally considered an Afghan citizen.

> **The government is taking an incredibly aggressive position.**
> Lorne Waldman

Monsef has said she will have to correct her birthplace information on her passport.

If Monsef's birthplace was misrepresented on her citizenship application as well, that would be grounds for revocation of citizenship, regardless of whether it was an innocent mistake or the fault of her mother, said lawyer Lorne Waldman. And if the misrepresentation was on her permanent residence and refugee applications, she could even be deported, said Waldman, part of a group that launched a constitutional challenge of the law Monday. THE CANADIAN PRESS

Canadian professor 'free and out of Iran'

MIDDLE EAST

Homa Hoodfar held for months in notorious Tehran prison

A retired Canadian-Iranian professor has been released from a Tehran prison and will soon be reunited with her family, friends and colleagues, Prime Minister Justin Trudeau said Monday.

Homa Hoodfar, 65, was first arrested in March, shortly before she was to return to Canada, but was released on bail. She was rearrested June 6 and had been held at Tehran's notorious Evin prison until her release.

Hoodfar until recently taught anthropology and sociology at Montreal's Concordia University, where colleagues told a news conference they were overjoyed with her release.

Margie Mendell, a Concordia professor and close friend, said Hoodfar's niece, Amanda Ghahremani, was on hand to meet her in Oman, the first stop on her journey home.

"She's very frail, she looks extremely thin … and very worn," Mendell said of a report she received. "I suspect that she's not in good health, but she's free, she's free and out of Iran and she will get medical care and her medication."

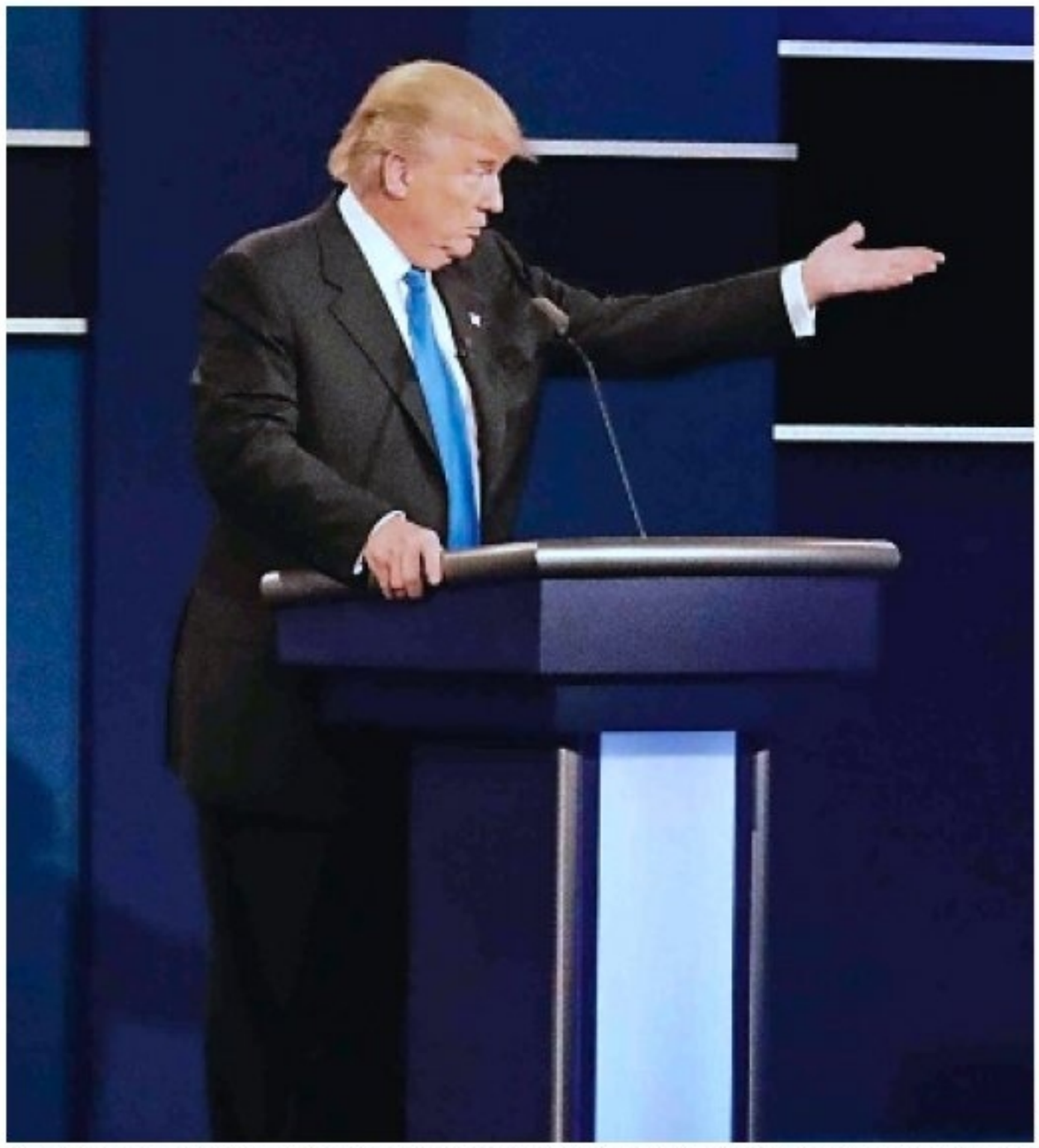
Homa Hoodfar arrives in Oman after being released on Monday. THE CANADIAN PRESS

Hoodfar suffers from a serious neurological condition and her family had said requests for a checkup by an independent specialist doctor while jailed were ignored.

Trudeau said in a statement that the Canadian government has been "actively" working for her release.

"In the absence of diplomatic representation of its own in Iran, Canada worked closely with others who were instrumental in helping secure Dr. Hoodfar's release — most notably Oman, Italy and Switzerland," Trudeau said, thanking them for their support.

The prime minister also recognized "the co-operation of those Iranian authorities" who facilitated Hoodfar's release and repatriation. THE CANADIAN PRESS



Donald Trump and Hillary Clinton participate in a presidential debate at Hofstra University in Hempstead, N.Y., on Monday. DAVID GOLDMAN/THE ASSOCIATED PRESS

Trump vs. Clinton: Round 1

U.S. ELECTION

Nominees go head-to-head in long-awaited political debate

Hillary Clinton and Donald Trump tangled Monday night over trade, taxes and how to bring good-paying jobs back to the United States as they opened their first face-to-face presidential debate.

Democrat Clinton said her Republican rival was promoting a "Trumped-up" version of trickle-down economics — a philosophy focused on tax cuts for the wealthy. She called for increasing the federal minimum wage, spending more on infrastructure projects and guaranteeing equal pay for women.

Trump panned policies that he said have led to American jobs being moved overseas, in part because of international trade agreements that Clinton has supported. He accused her of backing away from her support for trade deals for political gain.

"Secretary Clinton and others, politicians, should have been doing this for years," Trump said, contending she and Obama have done little or nothing to stop jobs from flowing overseas.

Disputing his version of events, she said, "I know you live in your reality."

The televised faceoff was the most hotly anticipated moment in an election campaign that has been both historic and unpredictable. Both sides were expecting a record-setting audience, reflecting the intense national interest in the race to become America's 45th president.

The 90-minute televised debate came six weeks before Election Day and with early voting already getting underway in some states. Despite Clinton's advantages, including a sophisticated get-out-the-vote operation and a favourable electoral map, the race is exceedingly close.

For Clinton and Trump, the first of three debates was a crucial moment to boost their standing with voters who view both candidates negatively. Clinton struggles with questions about her trustworthiness, while Trump has yet to prove to some voters that he has the basic qualifications to serve as commander in chief.

The candidates' families filed into the debate hall at New York's Hofstra University moments before Clinton and Trump took the stage. Their spouses, former President Bill Clinton and Melania Trump, shook hands before taking their seats.

Clinton opened the first debate pitching her economic policies as the best way to help most voters. She added that voters should use the first of three debates to assess "who can shoulder the immense, awesome responsibilities of the presidency" and who can "put into action" their plans.

> **I know you live in your reality.**
> Hillary Clinton to Donald Trump

She did not use the argument to attack Trump. She said only, "Donald, it's good to be with you."

Clinton criticized Trump early in the presidential debate over a loan he got from his father to start his business career. The Democratic presidential candidate called her Republican rival's tax-cut proposals "Trumped-up trickle-down" economics.

Clinton said Trump "really believes the more you help wealthy people, the better off we'll be." She also referenced a million-dollar loan Trump got from his father decades ago.

Clinton criticized her opponent's aggressive stance on trade, saying the U.S. is "five per cent of the world population" and that means having to trade with the other 95 per cent of the world.

Trump kicked off the debate touting his plan to create jobs and claiming that Mexico and other countries were "stealing them."

"Our jobs are fleeing the country, they're going to Mexico and many other countries," he said. "We have to stop our jobs from being stolen from us." He's called for renegotiating U.S. trade deals and said job creation will flourish under a Trump administration because of his plans to lower taxes and scale back regulations.

Clinton fielded the first debate question from moderator Lester Holt, who asked about her plan to create better jobs for American workers.

Clinton, the first woman to participate in a general election debate, first noted that it was her granddaughter Charlotte's second birthday and launched into her standard campaign promise to fight for fair pay for female workers and to increase taxes on the wealthy.

Outside the debate, police on Long Island said about 2,000 protesters gathered outside the scene. Some of the diverse groups protesting Monday night's showdown at Hofstra University included Hardhats for Hillary, socialists and activists calling for a living wage. The protesters were confined to an area several blocks long.

Clinton aides spent the days leading up to the debate appealing for the media and voters to hold Trump to a higher standard than they believe he has faced for much of the campaign. Their concern is that if the sometimes-bombastic Trump manages to keep his cool onstage, he'll be rewarded — even if he fails to flesh out policy specifics or doesn't tell the truth about his record and past statements.

Trump's campaign has accused Clinton of trying to predetermine the outcome and said their concerns reflected worries about the Democrat's debating skills.

The centrepiece of Trump's campaign has been a push for restrictive immigration measures, including a physical wall along the U.S.-Mexico border and an early proposal to temporarily bar foreign Muslims from coming to the U.S. But he's been less detailed about other ideas, including his plan for stamping out the Islamic State group in the Middle East.

Clinton, a former senator and secretary of state, is banking on voters seeing her as a steady hand who can build on the record of President Barack Obama, whose popularity is rising as he winds down his second term in office. She's called for expanding Obama's executive orders if Congress won't pass legislation to overhaul the nation's immigration system and for broader gun control measures. Overseas, she's called for a no-fly zone in Syria but has vowed to keep the military out of a large-scale ground war to defeat the Islamic State group. THE ASSOCIATED PRESS

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Nine shot, wounded in Texas

POLICE

Mass shooting suspect killed by police; wore Nazi emblems

Police investigate the suspect's car in Monday, after a shooting in Houston. MARK MULLIGAN/ HOUSTON CHRONICLE VIA AP

A disgruntled lawyer wearing military-style apparel with old Nazi emblems had two weapons and more than 2,500 rounds of live ammunition when he randomly shot at drivers in a Houston neighbourhood Monday morning before he was shot and killed by police, authorities said.

Nine people were injured during Monday morning's shootings; six were shot and three had eye injuries from flying glass. One person is in critical condition and another in serious condition, officials said.

Houston Homicide Capt. Dwayne Ready and Interim Police Chief Martha Montalvo did not identify the man and did not have information about a motive.

Texas motor vehicle records in a commercially available database showed the car is licensed to Nathan DeSai at an address in the condo complex.

The property manager of the condo complex also confirmed that police were going through DeSai's residence, where Ready said vintage military items dating to the Civil War and other guns were found the man's apartment.

Authorities first received reports of the shootings about 6:30 a.m., and the man began firing at officers when they arrived.

Mayor Sylvester Turner told KTRK-TV that DeSai was a lawyer who was "disgruntled" and was "either fired or had a bad relationship with this law firm."

DeSai's father, Prakash DeSai, told Houston television station KTRK that his son, whom he saw Sunday, was upset because "his law practice is not going well" and stays upset "because of his personal problems."

Jason Delgado, the property manager of The Oaks at West University condo complex, said DeSai was involved in two recent incidents at the complex.

In August, Delgado said, police were called after roofers working in the complex said DeSai pointed an assault-style rifle at them.

He says there wasn't enough evidence to move forward with charges because the man contended he didn't point the gun at roofers. Molleda mentioned the same incident.

And last week, DeSai asked for maintenance help and expressed his displeasure in an email to the management firm that implied he'd "intimidate his way to getting what he was asking for," Delgado said.

THE ASSOCIATED PRESS

DETAILS

- The shooter had two legally purchased guns — a .45-calibre semi-automatic handgun and a Tommy gun — an unsheathed knife, and 2,500 rounds of live ammunition.
- There were 75 spent casings at the scene, which were from officers and the gunman.

PEACE CEREMONY

Colombia seeks end to violence

More than 220,000 deaths, 8 million homeless and countless human rights violations: These are the tragic toll of South America's oldest armed conflict, which begins to wind down with the signing Monday of a historic agreement between Colombia's government and the country's largest rebel movement to end a half-century of hostilities.

President Juan Manuel Santos and the top commander of the Revolutionary Armed Forces of Colombia, or FARC, a rebel fighter known by the alias Timochenko, were to sign the accord in the colonial city of Cartagena. Fifteen Latin American presidents as well as U.N. Secretary-General Ban Ki-moon and U.S. Secretary of State John Kerry witnessed the signing.

In a ceremony charged with symbolism befitting a historic moment that generations of Colombians thought they would never see, more than 2,500 guests were asked to wear white and Santos was to sign the 297-page accord with a pen made from a recycled shell used in combat.

THE ASSOCIATED PRESS

Gas project decision first test for Trudeau

ENERGY

Feds have to navigate competing interests

Ottawa's acceptance or rejection of the Pacific NorthWest LNG project will set the stage for crucial decisions on a national climate change plan. TIM SULLIVAN/ALASKA RAILROAD/THE ASSOCIATED PRESS

Environment Minister Catherine McKenna has a final environmental assessment of the Pacific NorthWest LNG project in hand, with the federal Liberal cabinet set to meet Tuesday in the national capital.

A decision from the Liberal government on the proposed $36-billion project in northern British Columbia must be made no later than next Monday.

When it happens, it will mark the first true litmus test of how Prime Minister Justin Trudeau navigates competing interests between environmentalists and First Nations concerned about climate change and salmon habitat and pro-development advocates, including the B.C. government of Christy Clark.

The liquefied natural gas processing plant on Lelu Island near Prince Rupert would ship 19 million tonnes a year of frozen, liquefied gas to markets in Asia while pumping more than five million tonnes of carbon dioxide annually into the atmosphere.

The government's acceptance or rejection of the project will set the table for an autumn of crucial decisions on a national climate change plan and energy sector infrastructure.

A draft assessment of the LNG project, whose major partner is Malaysia's state-owned Petronas, was released in February by the Canadian Environmental Assessment Agency. The agency found that the project was "likely to cause significant adverse environmental effects," although it said mitigation measures would result in no serious harm to fish habitat.

THE CANADIAN PRESS

HALLOWEEN

Home Depot pulls peeping Tom decor

Home Depot Canada says it has pulled a Halloween window decoration that mimics a peeping Tom from its stores after a complaint from a customer.

The home-renovation chain says it took "immediate action" to remove the Scary Peeper Creeper from shelves after a customer raised concerns.

The CBC reports that a woman complained the decoration — which is attached to a window and looks like a man peering inside — makes light of a real and legitimate threat to women's safety.

Home Depot Canada says it reached out to the person who made the complaint and apologized, adding the product is not in line with the company's "core values." The item no longer appeared on the store's website Monday morning but was listed at $29.98 on the company's American site.

It looks like the head and hands of a hooded man pressed against the window.

THE CANADIAN PRESS

STREAMING

Shomi shutting down
Shomi says it is shutting down as of Nov. 30 after two years in operation. The web streaming service attributed the decision to a business climate and online video marketplace that has changed markedly in recent years.

THE CANADIAN PRESS

market minute

DOLLAR 75.55¢ (–0.37¢)
TSX 14,619.46 (–78.47)
OIL $45.93 US (+$1.45)
GOLD $1,344.10 US (+$2.40)

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metro VIEWS
Your essential daily news
Tuesday, September 27, 2016

ROSEMARY WESTWOOD
ON THE FIRST BIG DEBATE

HILLARY CLINTON WAS THE ONLY ADULT BETWEEN THEM

No debate featuring Trump was going to lack for entertainment.

American airports are "third world," Clinton's been fighting ISIS for her "entire adult life" (a logistical impossibility) and not paying taxes? That just makes Trump smart.

But while Trump was so long-winded and digressive as to be unquotable on any policy point at all, Clinton for her part, remained so calm and so cool, she even looked like she was enjoying it. ("Donald, good to be with you," she said to start things off, and the pleasant vibes stuck.)

Trump? Let him jump in as he pleased, talk over her, pounce with a single declarative word ("wrong!" and "facts!" and "not!"), Clinton remained completely at ease.

She laughed, she smiled, she replied to Trump with all the eloquence of being the only adult between them.

Even the moderator came off as an underling of a kind. She took to his first question with the look of a teacher, listening to a student's answer to a question she's already asked.

Not only did she appear like a competent leader: Clinton led the debate itself. Trump was always following, gripping, the younger child desperately trying to keep up.

And the bar I was in, packed to the gills with bartenders so overworked I could smell them? We were eating it up. There were jeers and cheers, all the buzz you'd expect from a spectator sport.

As a Canadian, safely watching from this side of the 49th, it's easy to forget this is not reality TV.

And yes, there's an entertainment value to debates. But as a Canadian, safely watching from this side of the 49th, it's easy to forget that this is not just reality TV.

An angry ex-pat American (and Trump sympathizer) once wrote to tell me how egregious she considered Canadian coverage of the American election.

We're all in cahoots to offer "ridiculously slanted and blatantly biased" coverage, she wrote, obsessed with "chronic musings and snide perspectives about a race that (we) cannot even participate in."

If by "biased" she means able to view Trump as an objectively horrific choice for president — guilty as charged. But it is true, undeniably, that this is not our race. We have (economic, cultural, political) skin in the game, but not every limb, bone. Not the heart. This isn't our imagined family tearing itself apart. We are cousins at a distance. This is not our kitchen table.

Now that the election approaches the boiling point, now that polls track the rising Trumpian wave, now that a man in Georgia is talking about joining a militia in case there's a civil war and the election has been compared, without irony, to the Super Bowl, now's the time to remember this: We are the spectators.

But this game? It's real.

DEBATE? Donald Trump and Hillary Clinton may have shared a stage, but they didn't share a tone. THE ASSOCIATED PRESS

Police lend new meaning to the word 'accurate'

COLLINS' CAPITAL
Steve Collins

Some cities, like Tulsa and Charlotte, have real problems.

Still, by (much higher) local standards, it was a bumpy summer for the Ottawa Police Service, with scathing public criticism of Chief Charles Bordeleau from the police union and the death of Adbirahman Abdi after a violent encounter with officers.

Trust in the police — and news media, for that matter — took another hit this summer when we found out that reporters were fed, and passed on, misleading information in the Jagtar Gill murder investigation in 2014.

Police had removed a metal bar from the victim's home and replaced it with a fake, then kept her husband, a suspect, under surveillance. When he ditched the fake, they issued a release about having "found" it.

"Under what circumstances," police board member Sandy Smallwood had mildly inquired, "can our police service issue statements to the media that may not be accurate?" The chief's answer, presented at Monday's board meeting, could have been better:

"The Ottawa Police utilizes various investigative tools and techniques in support of its investigations. The facts in the release were accurate. The release explained that the police were seeking public assistance and that a metal bar was located in the wooded area of Cedarview Road.

"The Ottawa Police Service strives to issue statements to the media that are accurate and support the investigation."

Nice of them to strive, I guess, but that's a pretty loose use of the word "accurate." The media and the public were misled to mess with two murderers' heads. It may have helped secure convictions, but we still don't know under which less extreme circumstances our police might consider deceiving the public.

Another item on Monday's agenda was an update on the Traffic Stop Race Collection Project, that ongoing exercise in paradox by which the force assures us of their colourblindness by recording the races of motorists they stop.

This survey was not an initiative of the Ottawa Police Service to improve policing. It was part of a settlement with the Ontario Human Rights Commission — over a bias complaint.

The 2005 complaint came from Ottawa resident Chad Aiken, who was driving his mother's Mercedes when he was pulled over by police and, he claimed, harassed and assaulted. He's black, and believed that was the main reason police stopped him.

Last year, the police commissioned a public opinion survey in which most respondents said they didn't feel safe downtown at night, especially on multiuse pathways and at and transit stations.

The survey recommended more police visibility in public places, but the only major spending item on the table at that particular meeting was $407,045 for 29 pairs of night-vision goggles.

That would have paid for a lot of pathway lighting, but at least our police can see in the dark and probably only lie to us when it's really important.

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"I stand with Hillary. I'm with her. I believe Hillary will best represent our country." — Kim Kardashian

Your memory can be hacked

INTERVIEW

Researcher's book reveals the flaws in our recollections

Stop for a moment and think about your first job interview. Can you remember it? Now, try to remember your first day of kindergarten. Or where you were on 9/11. Or the day of your wedding.

Those thoughts, those memories, popping into your head — they're probably flawed. And you might've even made some of them up.

So says Julia Shaw, a Canadian researcher and "memory hacker."

As a forensic psychologist and memory expert, Shaw is capable of creating false memories in the minds of average people about events that never actually happened, be it that they committed a terrible crime or were attacked by a dog. Horrifying? Yup. Totally fascinating? That too.

"Normally, you do this unintentionally," Shaw tells me. "You're talking to family and friends, sharing memories, picking up details. But researchers like me, we hijack that process."

Shaw is promoting her new book, The Memory Illusion, which explores the science behind false memories, self-deception and how our memory system really works. Your brain is "incredibly malleable and adaptive," according to Shaw, a senior lecturer in criminology at London South Bank University.

Neurons — cells in our brain — connect with one another to develop meaningful networks, which change according to our experiences, Shaw writes.

She likens it to a Wikipedia page, where you can modify things — and so can other people. "It's fluid, with all sorts of inputs, where memories can be readily deleted," Shaw says.

Imagine being at a dinner party where friends are all recounting a high school memory. Everyone offers a tidbit, which reshapes your recollection of the event — and, in the end, it's impossible to know which parts are your memories or those of other people, and if certain parts of the story even happened at all.

Our attention span also comes into play in memory formation, since we can only truly focus on one thing at a time, Shaw notes. It's like what happens at speed dating or a networking event: Despite your best efforts, you're likely going to forget people's names as your brain filters through information about their appearance, their voice, their personality.

"We often don't process someone's name because we're so busy processing them as a whole," says Shaw.

The "neuronal plasticity" of our brains is the reason we're able to form memories, but it also means we're capable of these memory mistakes. And there's where memory hacking comes in.

"I get people to confuse their imagination with their memory, by getting them to repeatedly picture an event happening, and adding multi-sensory details like what they're hearing, seeing, smelling, tasting," Shaw tells me. "Over time, that can become indistinguishable in the brain from a real memory."

In other words: Shaw can make you truly believe you did something that never actually happened. Think you wouldn't be fooled? Don't bet on it. In Shaw's research, 70 per cent of individuals were classified as having these false memories.

Her work, and that of other researchers in the memory field, offers a wake-up call to the justice system, highlighting how law enforcement agencies can be capable of eliciting false confessions.

But Shaw's ultimate message isn't one of fear. Our brains are wired this way for a reason, and false memories are just the byproduct of how our malleable minds work. "Our reality is a personal construction, and the flexibility of our memories allows us to learn, update information and make connections. Without that, we would have nothing," Shaw says. TORSTAR NEWS SERVICE

Psychologist Dr. Julia Shaw, author of The Memory Illusion says that the neural plasticity of our brains is the reason we're able to form memories but it also means we're capable of making memory mistakes. TORSTAR NEWS SERVICE

MIND GAMES

Weird works: "Research shows that, from a memory perspective, weirdness sticks," Shaw writes. In other words: Unexpected components make for memorable pieces of information. Consider the statement 'don't think about pink elephants," Shaw suggests. It's weird and unexpected, and it'll probably stick it your head.

Master mnemonics: Mnemonics means the study and development of systems for improving and assisting memory. Remember those childhood phrases like 'Never Eat Soggy Weiners' or 'Never Eat Shredded Wheat'? They both act as quirky and memorable ways to remember the directions of north, east, south, and west.

JOHANNA SCHNELLER WHAT I'M WATCHING

Tackling some uneasy generational feelings

THE SHOW: Easy, Season 1, Episode 8 (Netflix)
THE MOMENT: The big question

Two brothers who run an illegal garage brewery visit a sleek brewery/bar. "Tell me you couldn't see us in a place like this," says Matt (Evan Jonigkeit), the older, more settled brother.

"This place is cool, yes," replies Jeff (Dave Franco), the freer spirit. "I get it for you. You have a boring job that you hate." But, Jeff continues, he loves his simpler life, his outlaw brewery, the time he spends with his girlfriend. Why give that up to "work more and stress more"?

"If you try to stay in the same place, everyone around you is going to change," Matt counters, "and everything you think is cool isn't going to be cool."

With this omnibus series, set in hipster Chicago, creator and Mumblecore alum Joe Swanberg (Hannah Takes the Stairs) establishes himself alongside Lena Dunham as a voice of a generation: here, it's millennials poised between late 20s and early 30s, between cool jobs (almost everyone is an artist, actor, writer or artisanal foodie) and starting families. In other words, between authenticity and selling out.

Swanberg has matured into a serious talent. He's peopled his cast with just the right blend of (effortlessly diverse) comedians, models, artists and musicians — some playing themselves — to create a vibe.

Although each episode is different, each asks a version of exactly the right question for this moment: Can you decide to become a different person, and does that have to be a bad thing?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Evan Jonigkeits in Netflix show Easy. CONTRIBUTED

THERE'S AN UPSIDE TO MORNING SICKNESS

It's dreaded by moms-to-be but morning sickness is actually a good sign for the baby, a U.S. government study shows, confirming common pregnancy lore and less rigorous research. Led by Stefanie Hinkle, a researcher at the National Institute of Child Health and Human Development, the study involved almost 800 women. They were asked to record symptoms in daily diaries for the first eight weeks of pregnancy.

THE NUMBERS

Of the nearly 800 women in the study, 443 completed daily diaries, and just over half of them reported nausea by the eighth week of pregnancy, also similar to national estimates. About one in four had nausea and vomiting. The researchers then used statistical analyses to calculate that nausea alone, or nausea with vomiting, was linked with a 50 per cent to 75 per cent reduction in the risk of pregnancy loss.

STUDY STRENGTHS

Unlike some previous studies, the new research had data on women even before they became pregnant, so they were able to include miscarriages that occurred soon after conception.

THE REASONS

Causes of morning sickness are uncertain, but it has been linked with high hormone levels that occur early in pregnancy. How it might reduce chances for miscarriages is also uncertain. Theories include the idea that nausea could make women avoid potentially harmful substances.

THE BOTTOM LINE

Hinkle said the results should be reassuring to women concerned that morning sickness could be harmful — and unaffected women shouldn't be alarmed. "Every pregnancy is different and just because they don't have symptoms doesn't mean they're going to have a pregnancy loss," Hinkle said.

THE ASSOCIATED PRESS

ISTOCK

WHOOPING COUGH

Kids' vaccine wanes for whooping cough: Study

The current vaccine for pertussis, or whooping cough, is highly effective during the first three years after children get their shots, but immunity wanes over the next several years, leaving little protection from the disease, researchers say.

In an Ontario study published Monday in the Canadian Medical Association Journal, researchers found that immunity begins waning about four years following the last scheduled childhood immunization or booster shot given to an adolescent or adult. Within a few more years, the vaccine's effectiveness has diminished significantly.

"The protection that the vaccine gives is very good in the first couple of years after the immunization is given," said Dr. Natasha Crowcroft, chief of applied immunization research for Public Health Ontario. "So it's good news for protecting babies.

"But that protection, it fades pretty quickly. So by the time you're at seven or eight years (out), you've got very little protection left."

Researchers found the odds of contracting whooping cough following vaccination increased by 27 per cent each year, although the overall risk remained small.

Whooping cough is a highly contagious bacterial infection that affects the respiratory tract and is often marked by a severe hacking cough, followed by a high-pitched intake of breath that sounds like a "whoop." Some infants may not cough, but may struggle to breathe or even temporarily stop breathing.

Pertussis is particularly dangerous for babies and can lead to hospitalization and, in rare cases, death.

Before the introduction of Canada's public pertussis vaccine program, annual incidence of the disease averaged 156 cases per 100,000 people. Since the vaccination program came into effect, the number of new cases has ranged from two per 100,000 in 2011 to 13.9 cases per 100,000 in 2012.

Most cases occur in under-immunized populations, often among those in which parents oppose vaccination, usually on philosophical or religious grounds. THE CANADIAN PRESS

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LITERARY AWARDS

Women dominate Giller short list

Women dominate the 2016 Scotiabank Giller Prize short list, announced Monday morning at a reception at the Art Gallery of Ontario hosted by CBC Radio's Matt Galloway.

Of the six finalists, five are women with Gary Barwin, author of Yiddish for Pirates, the sole male finalist for the prestigious prize.

There's an extra nominee from the usual five; jury chair Lawrence Hill told Torstar News Service he and the other jurors "just felt that five wasn't enough to contain our enthusiasm so we spilled over to six."

The shortlisted nominees were culled from the 12-author long list announced on Sept. 7. Those, in turn, were chosen from a field of 161 titles submitted by 69 publisher imprints.

The six writers competing for the $100,000 grand prize are:

Mona Awad for her debut novel 13 Ways of Looking at a Fat Girl (Penguin Canada), her exploration of body image issues. This title won the Amazon.ca First Novel Award in May.

Gary Barwin for Yiddish for Pirates (Random House Canada), a pirate's tale narrated by a 500-year-old parrot that is a riotous play with language.

Madeleine Thien is on the short list for the Giller Prize.
THE CANADIAN PRESS/HO-RANDOM HOUSE OF CANADA-BABAK SALARI

Barwin's been writing poetry, short fiction and children's books for years, but this is his first novel.

Emma Donoghue for The Wonder (HarperCollins Publishers), set in Ireland, about a girl who continues to live despite an extended fast. It looks at faith, religion and the power it holds.

Catherine Leroux, The Party Wall (Bibioasis International Translation Series, translated by Lazer Lederhendler), a novel made up of stories that explore the things that bind people together.

Madeleine Thien, Do Not Say We Have Nothing (Alfred A. Knopf), an epic novel that chronicles the tragedy of revolutionary and communist China. This book has also been shortlisted for the Man Booker Prize. This is her first appearance on the Giller list and, surprisingly, given the strength of her reputation, on any of the major Canadian prize lists.

Zoe Whittall, The Best Kind of People (House of Anansi Press), which examines rape culture and the effect on a family and community when one of its members is accused of sexual assault. Hill, as he announced it as one of the finalists, called it "urgent and timely, nuanced and brave."

TORSTAR NEWS SERVICE

BOOKMARKED

- The winner will be announced at a gala in Toronto to be aired live on CBC on Monday, Nov. 7 at 9 p.m. in a broadcast to be hosted by comedian Steve Patterson.
- The prize for the winner is $100,000, while each finalist receives $10,000.

HEALTH AND WELLNESS

Treat obesity as what it is: a chronic disease

Obesity is not a lifestyle choice. It puts people at risk for serious correlated illnesses like type 2 diabetes, hypertension, cardiovascular disease, some forms of cancers and reduced psychological well-being. As such, in 2015, the Canadian Medical Association officially recognized obesity as a chronic disease requiring treatment and prevention efforts.

What's more, research has identified a number of obesity risk factors at play, including genetics, physical activity, diet, socioeconomic status, ethnicity, immigration and environmental factors. There isn't a one-size-fits-all explanation as to why some people live with chronic weight management issues while others don't.

With all the existing research and information on the disease, obesity continues to be stigmatized in Canada.

According to a Leger survey, 86 per cent of Canadians believe that obesity is a result of personal choices related to physical activity and food intake. The survey also found that 55 per cent of Canadians believe that people living with obesity lack self-discipline.

"People living with obesity are highly stigmatized in our society and are known to suffer from inequalities in employment, education and healthcare, often as a direct result of weight discrimination," says Brad Hussey, Communications Director for the Canadian Obesity Network. "We should be accepting body diversity rather than alienating so many Canadians because of their medical condition."

Blame, fat-shaming and labelling is not an effective way to help the 6.5 million Canadian adults living with obesity. Weight bias can lead to serious psychological consequences like depression, anxiety, low self-esteem, poor body judgement and suicidal tendencies.

A collective effort is needed to address obesity as a chronic medical condition, instead of judging people living with it. This starts with:

- Promoting physical and psychological health, as opposed to extreme weight loss or dieting;
- Removing judgement and understanding that a person's weight does not define them;
- Challenging weight bias and stigma, and remembering that there are factors at play beyond diet, exercise and self-discipline; and
- Using people first language: Adam has obesity. NOT, Adam is obese.

If you're living with obesity, contact your doctor to discuss an individual treatment plan that offers realistic and sustainable strategies to ensure successful chronic weight loss and management.

— NEWS CANADA

ISTOCK

Discover the many benefits of physiotherapy treatment

At some point over the course of our lives, most of us will require long or short-term physiotherapy to treat injuries and illness that limit our movement and function.

Physiotherapy has three main treatment methods — therapeutic modalities (a type of electrical, thermal or mechanical energy), manual or hands-on treatment, and exercise.

Many clinics employ just one or two of these options. Physiocare Physiotherapy and Rehab Centre, located in the city's west end, provides much more than that.

"We are different because we believe in offering the complete treatment with all three components of Physiotherapy," says Vijay Sharma, Manager and Registered Physiotherapist at Physiocare. "We provide all specialized physiotherapy treatments under one roof."

Sharma is one of three physiotherapists at Physiocare Physiotherapy and Rehab Centre, each specializing in different areas.

Physiocare and its therapists offers treatment and rehabilitation following concussion, urinary incontinence, blocked milk ducts, arthritis, sports injuries, motor vehicle accidents, neck and back issues, TMJ and jaw pain, as well as neurological conditions like Parkinson's disease.

CONTRIBUTED

They also offer ADP assessments for walkers and wheelchairs, along with custom orthotics, braces and compression socks.

Two massage therapists work on site and a clinical counselor is starting soon as well.

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HOW TO TREAT VARICOSE VEINS

Many people who experience pain, a burning sensation, numbness, heaviness or fatigue in their legs could be suffering from varicose veins.

Varicose and spider veins affect nearly 60 percent of the population. They occur when the vein wall loses its elasticity and the pumping valves stop functioning properly. Thanks to hormones, varicose and spider veins are three times more likely to occur in women than they are in men, but heredity is the main cause. It runs in the family.

Dr. Lucie Beaupré of Dr. Beaupré Vein Clinic, undoubtedly the most competent vein specialist in the Ottawa area, says the best way to treat these potential problems is through early diagnosis.

"Sometimes spider veins are a sign of something more serious that the patient should be seeking treatment for. Early treatment will give you better results," Beaupré explains.

Since 1978, Dr. Beaupré has treated, or supervised the treatment of, more than 100,000 patients. She is a member of both the Canadian Society of Phlebology and the American College of Phlebology and the first doctor in Ottawa to be certified by the American Board of Venous and Lymphatic Medicine.

Her clinic was also the first in the province to perform ultrasound guided sclerotherapy for treating large veins without surgery.

Almost any type of varicose vein disease can be treated with sclerotherapy. For more information, visit drbeaupreveinclinic.com.

Medium and small veins before and after sclerotherapy treatment. CONTRIBUTED

WHAT ARE DIGITAL DENTURES?

Rideau Dental Centre is pleased to offer digital dentures. This involves a new technology that allows a digital record to be taken of your mouth in order to create a new smile with a much more precise and accurate fit than that of traditional dentures.

Usually only two appointments are necessary compared to the typical five or more for you to have your traditional dentures delivered. Because the dentures are computer designed and milled, with software that determines exactly how your teeth should bite together, fewer adjustments are required. The computer also allows for enhanced aesthetics so your teeth look very natural. The type of material used is bacteria resistant and reduces the build-up of bacteria, helping to eliminate sore spots and bad breath. The permanent digital record allows for quick replacement of lost or damaged dentures.

In as little as two visits you can have that new smile. If you have any questions about digital dentures, contact Rideau Dental Centre at 613-230-7475, or visit rideaudental.ca to view some digital denture videos.

CONTRIBUTED

ISTOCK

Bladder issues are more common than you think

Millions of people are suffering from a health issue that many of us have never heard of.

Bladder pain syndrome (BPS), also known as interstitial cystitis (IC) has symptoms that resemble common bladder and urinary conditions but does not respond to treatments for those conditions.

"People often dismiss the severity and frequency of their symptoms, believing instead that they are simply prone to urinary tract infections (UTI)," says Dr. Tanya Manikkam ND of Ottawa's NutriChem Compounding Pharmacy and Clinic. "Many people don't realize that there could actually be something else going on."

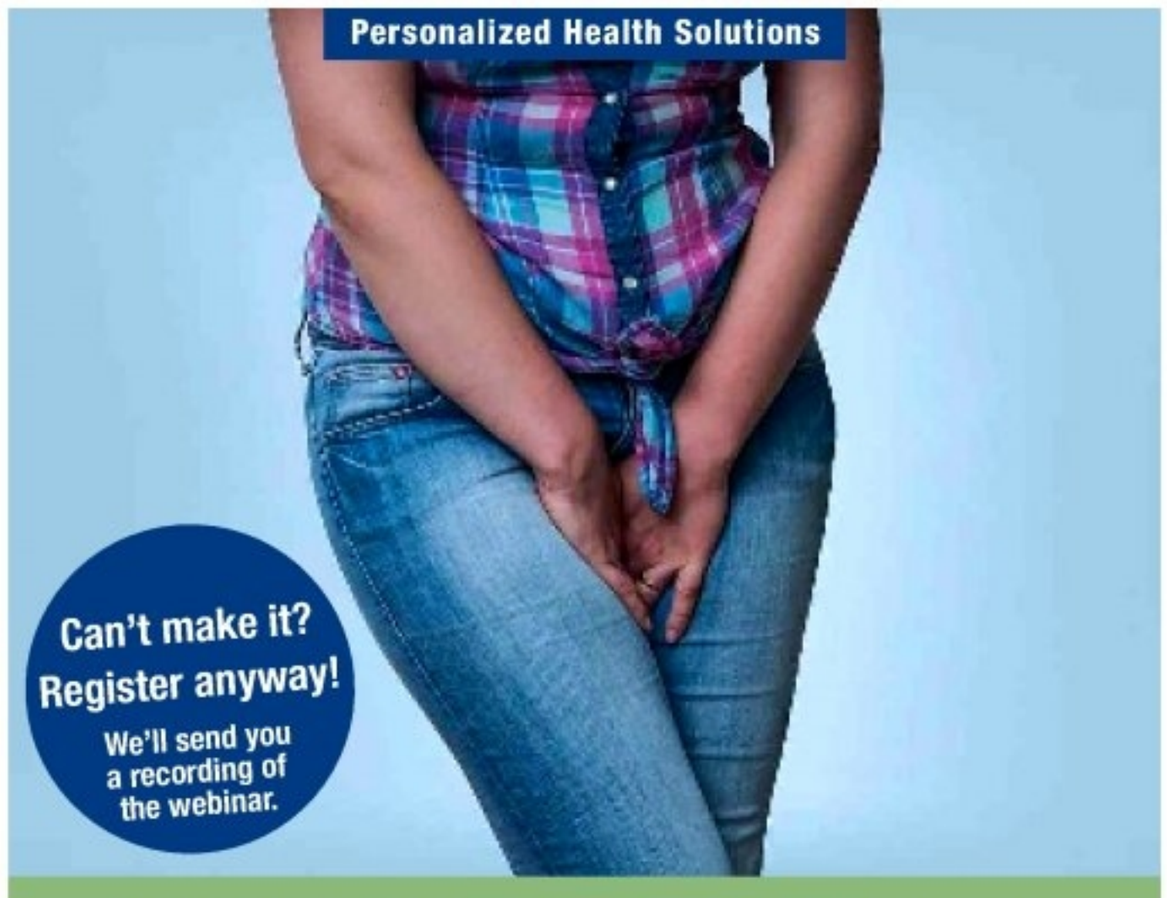
Although everyone experiences the condition differently, the most common symptoms of IC/BPS are frequent urination combined with pain in the pelvis or lower abdomen, the feeling of urgency, and general discomfort. "Often," says Manikkam, "people go to the bathroom to try and relieve the pain and discomfort. But once the bladder begins to fill again, the pain returns."

While the causes of IC/BPS are still unclear, theories suggest that the lining of the bladder wall is damaged and has become highly sensitive. This damage could be caused by trauma to the bladder from surgery, kidney stones, or chemotherapy; from the presence of an autoimmune disease; or from inflammation. Often, people with disorders like fibromyalgia, irritable bowel syndrome, and chronic fatigue syndrome also suffer with IC/BPS.

"Treatment options will vary by person depending on what is causing the pain and discomfort," says Manikkam. "It's important to see a clinician to rule out any other issues that could be causing the symptoms, including kidney problems, infection, or the presence of a mass."

Anyone who is experiencing more than two UTIs in a year, is not responding to antibiotics, has vaginal or pelvic pain or pressure in the urethra, or has had kidney stones, surgery on the bladder or chemotherapy should consider seeing a naturopathic doctor to receive the personalized care that this complex condition requires.

NutriChem has two clinic locations in Ottawa. For more information or to book an appointment, visit nutrichem.com.



WEBINAR

Mind Over Bladder: Help reduce urinary urgency, frequency and discomfort!

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October 18th, 2016 at 7:30pm • $10 + HST

Join Emma Pollon-Macleod, Naturopathic Medical Intern, as she discusses the most common causes of bladder issues, including urinary tract infections and interstitial cystitis, and what you can do to get relief today. Ask your questions and have them answered!

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High regard for Big Z

WORLD CUP OF HOCKEY

Team Europe follows Chara's lead all the way into final

Zdeno Chara, second from right, and Team Europe take on Canada in the best-of-three final this week. BRUCE BENNETT/GETTY IMAGES

Zdeno Chara was enjoying a breakfast with his teammates at the Team Europe hotel on the weekend, when coach Ralph Krueger noticed something about his huge defenceman.

"The guy who's serving us coffee, Zdeno gives him as much respect as he gives the players, that's Zdeno," Krueger said.

Chara, whose politeness and respect are often referred to among players when they speak of his overall leadership, is a cornerstone leader in Europe's nothing-to-lose approach to the World Cup of Hockey.

It's because of Chara and a host of other players that Europe, rather than such usual favourites as Sweden and Russia, will face Canada in the best-of-three final that starts Tuesday night.

"He's very polite, he's very humble," teammate and fellow Slovak Andrej Sekera said as Europe wrapped up practice Monday. "He's very calm in every situation, on and off the ice. He's a great leader, he's driving our boat in the right direction, along with a lot of other guys in our room."

The other guys include a couple more Slovaks, Marian Gaborik and Marian Hossa. All have summer homes in the town of Trencin and often go out to dinner or just hang out, especially with Gaborik staging his summer hockey school there.

Gaborik, though, is in jeopardy of missing Game 1, and possibly the rest of the tournament. He was seen leaving the Air Canada Centre on crutches Monday, with a cast on his right foot. Krueger would only confirm "a lower-body injury."

Even if Gaborik is in the lineup, this might be the last major international tournament he shares with Chara and Hossa. All are 34 or older.

"You want it to be fun," Chara said, "and you want (to win)."

At 39, Chara's reputation as a leader and hard worker remains undisputed but some of the focus, especially at this tournament, has fallen on his speed. Against the fleet-footed North Americans, Chara was thought by some to be at a disadvantage.

"I worked extra hard this summer for this tournament," Chara said recently. "I have to do a lot more at my age, I have to work harder to play at this level. Maybe there's a (lost step or two), but I feel that with my experience, I can still play. I still love the game and I love to compete."

Chara's experience has certainly been a key factor in bringing Europe from underdog to World Cup finalist. The team is made up of players from eight countries, and is the oldest of the eight World Cup clubs.

Chara, who captained Boston to a Stanley Cup in 2011, and Sekera have been Europe's top pairing on defence, and Chara is second on the team in ice time behind Kopitar.

"Chara is Chara, just playing with him is special for me and for everyone on our team, he's just that kind of player," Hossa said. TORSTAR NEWS SERVICE

> **He's respected in many areas of the game, so in my eyes, you better be ready to play against him.** Team Canada's John Tavares

NBA

Raps all for using status for change

The Toronto Raptors plan to join the growing chorus of pro athletes speaking out against police brutality, a topic that has hit close to home for DeMar DeRozan.

"I had a close friend of mine a couple of weeks ago that was murdered by the police, shot 17 times," the star guard said Monday at the team's media day prior to the start of training camp. "It was something I haven't spoke out about, it was more so of just understanding what's going on in our society and how much I can help."

> **All I tell our guys is to be informed ... and do it from the heart.**
> Coach Dwane Casey on potential protests

San Francisco 49ers quarterback Colin Kaepernick refused to stand for the Star-Spangled Banner in protest of police shootings and racial inequality in the United States, and his action has spread not only across the NFL, but to NCAA football and the WNBA.

And now, the NBA — in which 75 per cent of players are black — will surely see some players follow suit when the season tips off next month.

The Raptors say they're all for using their high-profile platform to press for change, but didn't offer specifics of how they would do that, including whether they would refuse to stand during the anthem. THE CANADIAN PRESS

IN BRIEF

Seahawks QB recovering well from knee injury: Coach

Seattle Seahawks quarterback Russell Wilson has a sprained MCL in his left knee and coach Pete Carroll raised the possibility on Monday of Wilson missing the Week 4 game against the New York Jets.

Carroll said during his weekly radio show on KIRO-AM on Monday morning that Wilson "feels great" and that his recovery is already going "exceedingly well."

THE ASSOCIATED PRESS

FIFA's choice to end racism task force puzzles critics

FIFA's abolition of its anti-racism task force was denounced as a shameful betrayal on Monday as the governing body went on the defensive to reaffirm its commitment to fighting discrimination.

Kick It Out, English soccer's anti-discrimination organization, said it was "perplexed" by FIFA's decision, given the World Cup is being staged in 2018 in Russia "which is notorious for racism."

THE ASSOCIATED PRESS

RECIPE Roasted Cauliflower Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Don't turn your back on salad now that cooler days are here! Roasting cauliflower gives it a delicious, nutty flavour you'll love.

Ready in 40 minutes
Prep time: 30 minutes
Cook time: 10 minutes
Serves 4

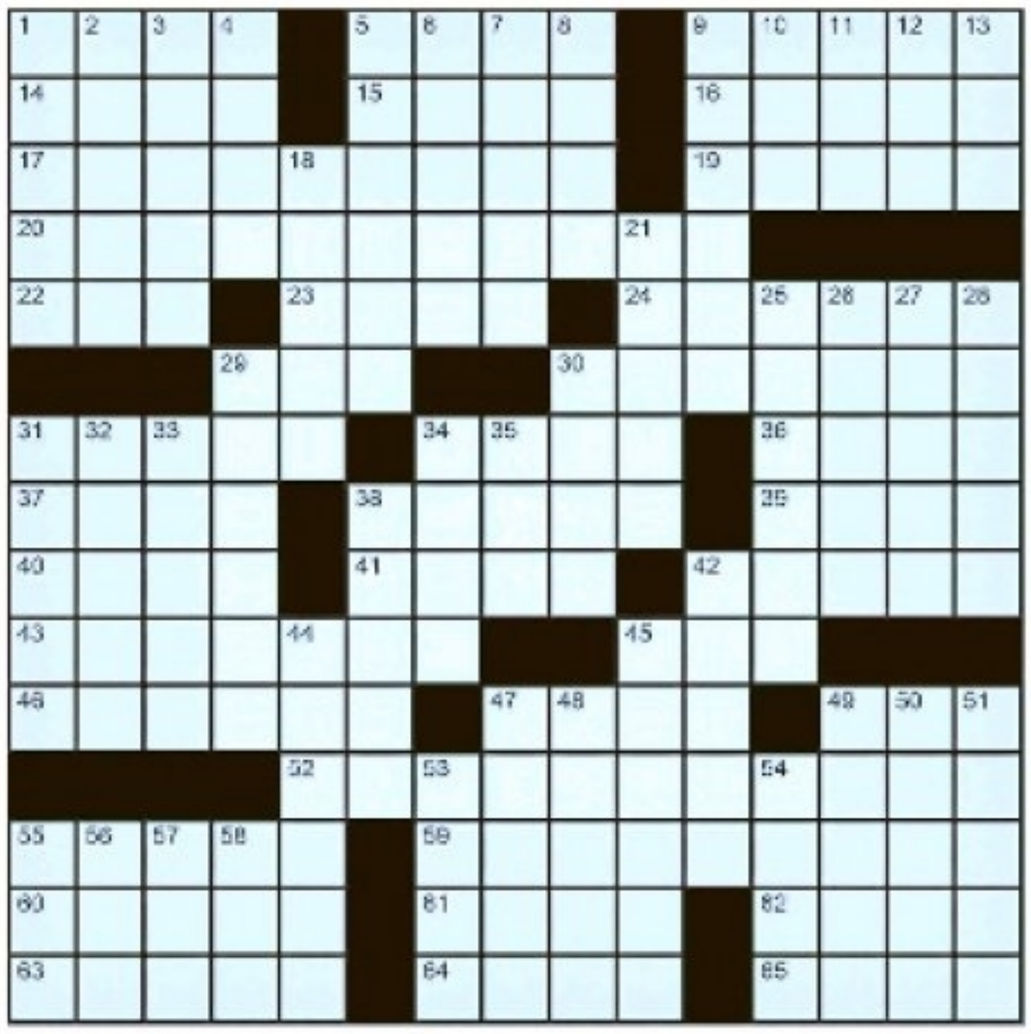
Ingredients
- 1 head of cauliflower cleaned and cut into small florets
- 1 head romaine lettuce cleaned and cut into thin strips
- 6 or 7 leaves of radicchio cleaned and cut into thin strips
- 1/2 cup extra virgin olive oil
- 1/4 cup red or white wine vinegar
- 2 shallots minced
- handful of hazelnuts roughly chopped
- salt and pepper

Directions
1. Preheat oven to 350 degrees.
2. Toss cauliflower florets in a bit of olive oil, salt and pepper. Pour into shallow roasting pan and place in oven for about 30 minutes. Turn and toss once or twice.
3. Remove from the oven and allow to cool.
4. In a jar, place oil, vinegar, shallots and salt and pepper and shake.
5. Dress your lettuce lightly in the dressing and arrange in a bowl or on a platter. Drizzle some dressing over the cauliflower and toss.
6. Arrange the dressed cauliflower on the lettuce. Sprinkle nuts on top.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Chesterfield
5. Lament loudly
9. Earthy pigment
14. Mr. Sandler
15. Prefix meaning 'Self'
16. Easily duped
17. Practicing performer
19. Short-tailed weasel
20. Penticton, British Columbia born actress who won a Tony Award in 1972 for her performance in the Stephen Sondheim stage musical Follies: 2 wds.
22. The Family Stone's star
23. Podium
24. The very start
29. Cry from a kitten
30. Domed building lobby
31. Raised flatlands
34. Mister Ed's pace
36. Film __ (Movie genre)
37. Cut
38. Party beverage in a large bowl
39. Ms. de Matteo
40. Pro __ (In proportion)
41. Thin wood strip
42. Salad green
43. Cacophony
45. __ Na Na
46. Ranch animals
47. "...or to take arms against __ of troubles..." - Hamlet
49. ABBA song
52. Canadian band with the 1986 tune "Me, Myself & I": 2 wds.
55. Papa __ (Rock band)
59. Most sparkly
60. Boredom
61. Charles __, Officer Renko portrayer on '80s police series "Hill Street Blues"
62. Prude
63. Like well-worn denim
64. __ Christie (Eugene O'Neill play)
65. Casino game

DOWN
1. Ms. Gilbert's of "The Talk"
2. Nancy of "Entertainment Tonight"
3. "Lost" actor, Jeff __
4. 'Travelers Cheques' co.
5. Poland's capital
6. Also, in Montreal
7. Particulars
8. Ms. Loughlin of "Full House"
9. Like an ajar door
10. Front door floor piece
11. Prefix to 'hazard'
12. Movies actress Ms. Mendes
13. Soak flax
18. White House staff
21. Comb's one-of-some
25. Arctic's treeless expanse
26. SnooZZZe
27. Ms. Falco's
28. Ms. Reid, and namesakes
29. Nova Scotia: Isle __ (Island off Cape Breton)
30. Full-bodied, as flavour
31. Singer Mr. Anthony, and namesakes
32. Glorify
33. Bristly hairs
34. Thickening gum
35. Sandy mound bug
38. Lavish
42. My Name Is Asher Lev novelist Mr. Potok
44. Type of flower
45. "Just Another Day" singer Jon
47. Edgar __ Poe
48. Coil of yarn
49. Vista
50. "The Price Is Right" announcer, Johnny __ (b.1910 - d.1985)
51. Brief-but-heated fight
53. Title in Turkey
54. Peril
55. TKO caller
56. __ mission
57. "Keep talking..."
58. Pool stick

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the next six weeks, your ambition is aroused. This will help you to accomplish a lot; however, use caution during conflicts with bosses and co-workers.

Taurus April 21 - May 21
Your interest in intellectual ideas will grow in the next month. You will expand your personal beliefs. Travel will please you as well.

Gemini May 22 - June 21
Disputes about inheritances, shared property and debt are likely during the next six weeks. You will be successful in settling things the way you desire.

Cancer June 22 - July 23
Fiery Mars is opposite your sign for the next six weeks, creating tension between you and others. You want to put your cards on the table and tell it like it is!

Leo July 24 - Aug. 23
You can accomplish a lot in the next month because Mars will give you the energy to do so. However, you will want credit for what you do.

Virgo Aug. 24 - Sept. 23
Grab every opportunity for playful diversions during the next six weeks. Take a vacation. You will have lots of energy for physical sports.

Libra Sept. 24 - Oct. 23
Increased chaos and activity at home are likely during the next six weeks, perhaps due to renovations, redecorating projects or visiting guests. Handle this with patience and grace.

Scorpio Oct. 24 - Nov. 22
Your communication with others is strong in the coming month. You will have no trouble persuading people to agree with your ideas. (Don't be overbearing.)

Sagittarius Nov. 23 - Dec. 21
It will be easy to earn money in the next six weeks, because you have the energy to focus on this. Likewise, many of you will be spending a lot.

Capricorn Dec. 22 - Jan. 20
Fiery Mars will be in your sign for the next six weeks. This happens only once every two years. Get ready for lots of activity and hard work!

Aquarius Jan. 21 - Feb. 19
Behind-the-scenes work will appeal to you in the month ahead because you want to do something quietly, perhaps on your own. Be aware that someone might not agree with your choices.

Pisces
Feb. 20 - March 20
Physical sports and competition will mark your activities for the next six weeks. This also is a good time to define your goals and actively pursue them.

CONCEPTIS SUDOKU by Dave Green

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				2	8		6	
9		6				2		

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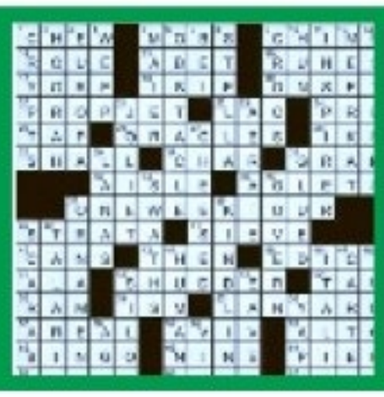
Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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